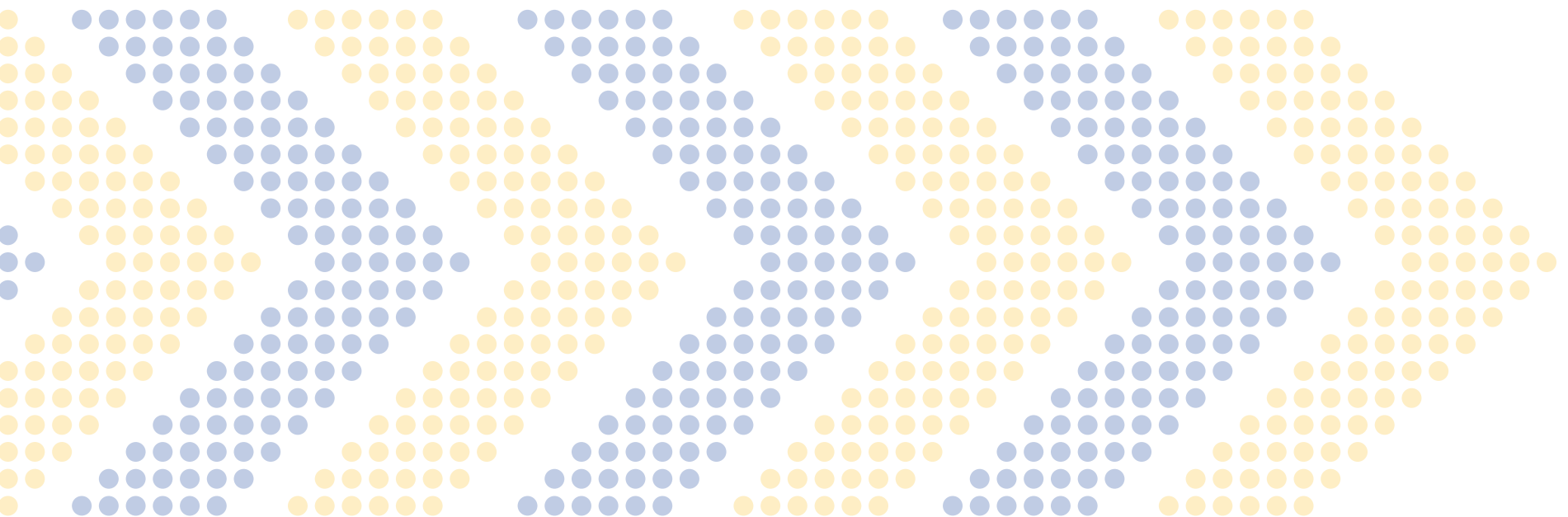


EDUCATION SERIES



Clinical Emergencies

Presented by: SerenaGroup Education Committee

TODAY'S AGENDA

- Code Blue
- Emergency Equipment
- Falls
- Hypoglycemia
- Seizures
- Heart Attack
- Stroke



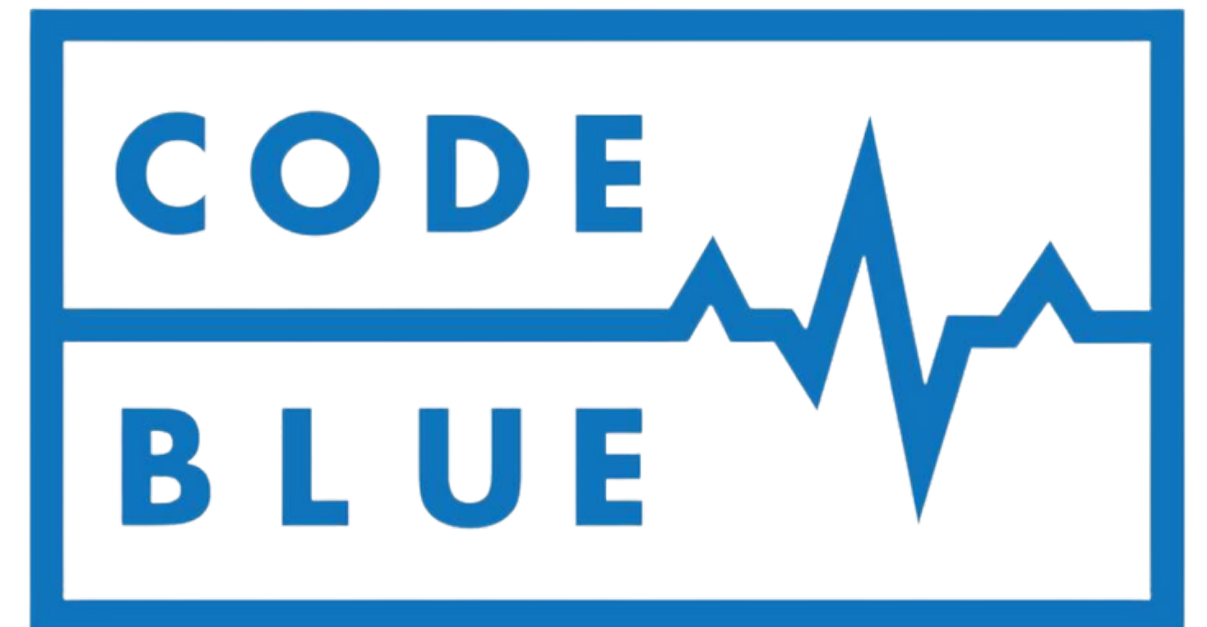
Code Blue

Many free standing clinics will rely on calling 911 in the event of an emergency.

Most Hospital based centers will utilize a **Code Blue**

Code Blue: An adult is having a medical emergency, usually cardiac or respiratory arrest

It is imperative that you are familiar with which system your clinic utilizes and what to do in the event of an emergency



Emergency Equipment

Code Cart

- Will only be available if your department utilizes a code team
- Staff must be trained and qualified to administer medications
- Code Cart must be checked daily and signed off on for compliance

Contents of Code Cart

- Zoll/AED
- Oxygen
- Meds/Saline
- Syringes
- Central Line Kit
- Backboard
- Suction
- Ambu Bag
- IV Start Packs

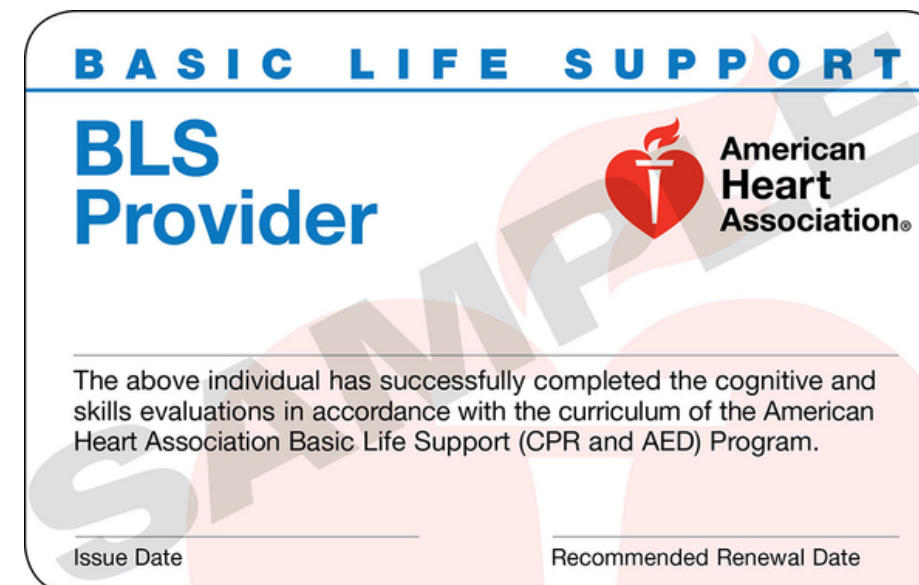


Certifications

- Many departments will staff to be certified in Basic or Advanced life saving techniques. Often times the Physician is required to have ALS certification while nursing staff are required to have BLS certification. *check with your Hospital policy*
- Both BLS and ALS certifications are designed for pre-hospital life support

Differences:

- BLS: non-invasive life saving techniques
- ALS: non-invasive and invasive life saving techniques, including but not limited to: injections, medications and airway equipment



Falls

- One out of five falls causes a serious injury such as broken bones or a head injury
- Each year, 3 million older people are treated in emergency departments for fall injuries.

Conditions that can cause falls:

- Lower body weakness
- Vitamin D deficiency
- Difficulties with walking and balance
- Use of medicines, such as tranquilizers, sedatives, or antidepressants.
- Vision problems
- Foot pain or poor footwear
- Home hazards or dangers such as broken or uneven steps and throw rugs or clutter that can be tripped over

Fall Prevention

- Identify high risk patients
- Be cautious of identifiers that may violate their privacy
- Assist high risk patients to the exam room
- Encourage the use of wheelchairs, walkers or other assistive devices
- Assist with transfers
- Do not leave unattended high risk patients



Hypoglycemia

Definition: A condition in which your blood sugar (glucose) level is lower than normal.

Glucose is your body's main energy source.

Signs and Symptoms to be aware of:

- Feeling shaky
- Being nervous or anxious
- Sweating, chills and clamminess
- Irritability or impatience
- Confusion
- Fast heartbeat
- Feeling lightheaded or dizzy
- Hunger
- Nausea
- Color draining from the skin (pallor)
- Feeling sleepy
- Feeling weak or having no energy
- Blurred/impaired vision
- Tingling or numbness in the lips, tongue or cheeks
- Headaches
- Coordination problems, clumsiness
- Nightmares or crying out during sleep
- Seizures

Hypoglycemia: Prevention/ Treatment

Prevention

- Encourage patients to have a well balanced meal before their appointment (unless otherwise recommended by the Physician)
- Provide nutritional education/complete nutritional assessment
- Encourage patients to check their blood sugar often
- Refer to a dietitian
- Provide Physician orders for nutritional supplements designed for glucose control

Acceptable Interventions before calling for emergency assistance:

- Diabetic nourishments- Boost, Glucerna, Juice, Cookies, Crackers etc.
- Emergency glycemia kit (use of items in the kit requires Physician orders)
- Glucose tabs



Seizures

About 1 out of 10 people may have a seizure during his or her lifetime. That means seizures are common, and one day you might need to help someone during/after a seizure.

These are general steps to help someone who is having any type seizure:

- Cushion their head and loosen clothing around the persons neck
- Turn them on their side until convulsions stop
- Stay with the person until the seizure ends and they are fully awake.
- After it ends, help the person sit in a safe place.
- Once they are alert and able to communicate, tell them what happened in very simple terms.
- Comfort the person and speak calmly.
- Check to see if the person is wearing a medical bracelet or other emergency information.
- Keep yourself and other people calm.

Symptoms

Jerking movements of the arms and legs
Stiffening of the body
Staring
Loss of consciousness
Breathing problems or breathing stops
Loss of bowel or bladder control
Falling suddenly for no apparent reason, especially when associated with loss of consciousness.

Heart Attack

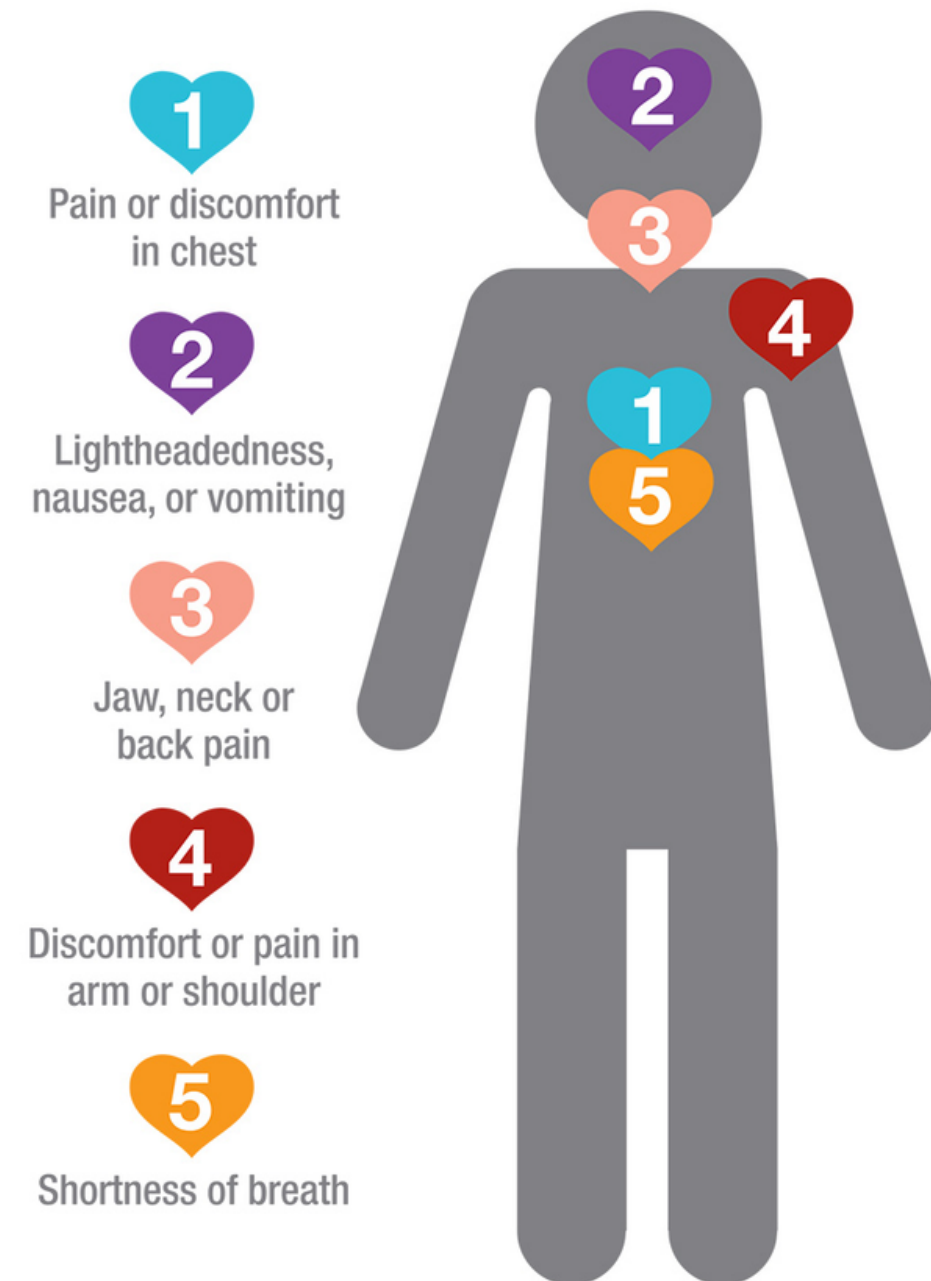
Definition: A heart attack, also called a myocardial infarction, happens when a part of the heart muscle doesn't get enough blood.

The major symptoms of a heart attack are:

- Chest pain or discomfort
- Feeling weak, light-headed, or faint
- Pain or discomfort in the jaw, neck, or back
- Pain or discomfort in one or both arms or shoulders
- Shortness of breath

Activate your emergency response plan immediately if you notice symptoms!

Common Heart Attack Warning Signs



Learn more at [Heart.org/HeartAttack](https://www.heart.org/HeartAttack).

Stroke

During a stroke, every minute counts!

Fast treatment can lessen the brain damage that stroke can cause

Signs and symptoms of a stroke:

- Sudden **numbness** or weakness in the face, arm, or leg (especially on one side of the body)
- Sudden **confusion**, trouble speaking, or difficulty understanding speech
- Sudden **trouble seeing** in one or both eyes
- Sudden **trouble walking**, dizziness, loss of balance, or lack of coordination
- Sudden **severe headache** with no known cause



Stroke: BE FAST



B **E** **F** **A** **S** **T**

BALANCE
Loss of Balance,
Headache or Dizziness

EYES
Blurred Vision

FACE
One Side of the Face
Drooping

ARMS
Arm or Leg
Weakness

SPEECH
Speech Difficulty

TIME
Time to Call for
Ambulance Immediately

QUIZ TIME





QUESTION ONE

Code Blue is when an adult is having a medical emergency, usually cardiac or respiratory arrest



ANSWER ONE

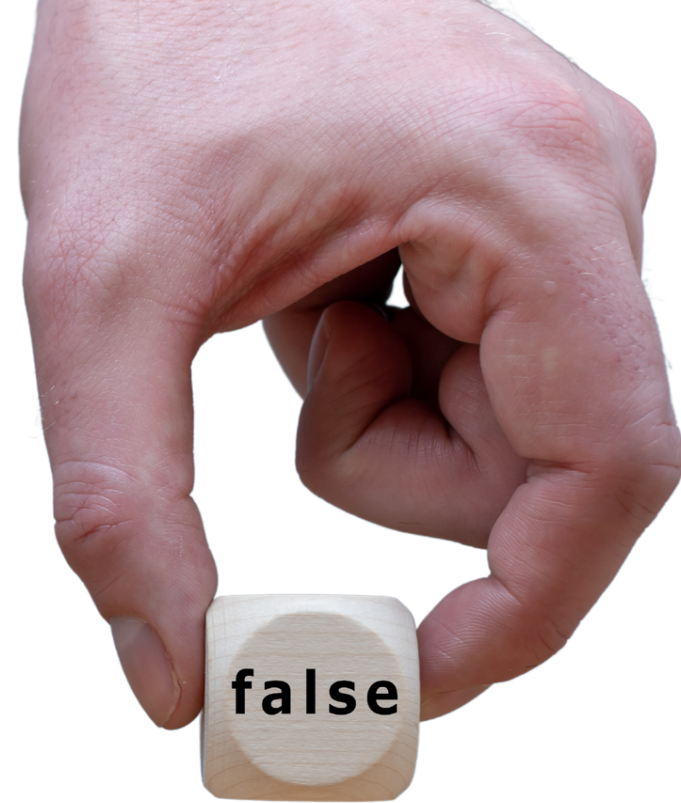
Most Hospital based centers will utilize a Code Blue when an adult has a medical emergency. Make sure you know what your hospitals plan is for your area.



QUESTION TWO

Hypoglycemia is a condition in which your blood sugar (glucose) level is higher than normal.

ANSWER TWO



False

Low Blood sugar is Hypoglycemia

High Blood Sugar is Hyperglycemia

THANK YOU

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